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Crashed car 'split in two'

COLLISION A Honda Civic carrying two passengers had its back end "sheared off" during a collision on Lester Road between Albion Road and Alert Drive yesterday afternoon.

"One of the vehicles was split in two," said Ottawa Police Const. Al Boucher.

Paramedic spokesman J.P. Trottier said a man in his 20s from the Honda Civic was treated for serious chest and spinal injuries and was taken to hospital, where he is in serious condition.

A second man in his 20s from the same vehicle and a man in his 60s who was driving a Jaguar both suffered minor injuries, Trottier said. **METRO OTTAWA**

News on the Move

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Food pg 19

Dish a sweet turkey treat

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Royals **Visit**

RYAN REMIORZ/THE CANADIAN PRESS

Prince Charles and Camilla, Duchess of Cornwall, leave with Gov. Gen. Michaëlle Jean after welcoming ceremonies yesterday in St. John's, N.L. They are slated to arrive in Ottawa next Monday. For more on the visit, see pages 4 and 10.

Province spent $236M on eHealth deal

RECORDS The Ontario government quietly spent nearly a quarter-billion dollars on an eHealth deal that will link 5,700 family doctors to electronic medical records over the next three years, the Toronto Star has learned.

The $236-million investment was made in July by eHealth Ontario, just weeks after its CEO Sarah Kramer and board chair Dr. Alan Hudson resigned in the midst of what ultimately became a $1-billion scandal engulfing the provincial health ministry.

The government heralded the move as good news, but NDP critic France Gélinas said the program should immediately be stopped. "My feeling at this point is let's pull the plug on this before we spend another quarter of a billion dollars on something with no accountability and right now can't prove value for money," she said. **TORSTAR NEWS SERVICE**

Enough for now

Vaccine should last the week

Flu Outbreak

TRACEY TONG
tracey.tong@metronews.ca

With about 50,000 doses of the H1N1 vaccine "expected to last three or four days" still in the fridge and more doses expected to arrive this week, Ottawa's associate medical officer of health anticipates Ottawa "will be able to run our clinics this week."

Dr. Vera Etches

"Although we know there will be enough vaccines for every Canadian that wants it, we received news from the federal government that vaccine supply will be temporarily limited in the coming weeks," said Dr. Vera Etches.

"We're told this is a temporary period of maybe one to two weeks when we're going to be delivered less supply than initially anticipated," said Etches, who added that the shortage is due to the manufacturing process.

Because of the shortage, "we strongly remind anyone who is not on a priority list that they should not be seeking a vaccine at this time."

Since vaccination clinics kicked off a week ago, Ottawa Public Health has distributed more than 80,000 doses of the H1N1 vaccine — the same number of vaccines they usually do during an entire influenza season.

The number of doses expected later this week is still unknown.

"At this point, we're taking all that the province can send us," Etches said.

Since Sept. 1, there have been 172 lab-confirmed cases in Ottawa and 96 of 348 local schools have reported absentee rates greater than 10 per cent.

While most cases in Ottawa are mild, family physicians and hospitals have seen increased volumes of patients, and hospitals have sectioned off an area of their emergency departments for flu patients, said Thomas Hayes, chairman of the emergency preparedness committee at the Ottawa Hospital.

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Local

24 new police officers to take oaths

Ottawa police are graduating 24 of their newest officers at a ceremony at the Cartier Square Drill Hall this afternoon. The recruit class, which is made up of 21 men and three women, includes 14 bilingual officers, with 11 speaking English and French; two English and Polish; and one speaking English, French, Serbian, Bosnian and Croatian. The officers receive their wallet badges and sign their oaths of office at the ceremony. METRO OTTAWA

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

News in brief

AWARDS Two Ottawa organizations have won prestigious Ontario Trillium Foundation 2009 Great Grants Awards. Faith and the Common Good's greening sacred spaces program won the CEO's Award, while Actua, an organization dedicated to giving empowering experiences to youth in science and technology, won the Minister's Award.

ANIMALS The Ottawa Humane Society has launched a website to provide information about animals to young people. The OHSkids.ca site includes advice for kids as well as parent and teacher-friendly resources.

METRO OTTAWA

metronews.ca
What's online today.

Video Opposition MPs attack the federal government over its handling of the H1N1 vaccination campaign **at metronews.ca/canada**

Blogs Golden Boot winner and MLS MVP nominee Jeff Cunningham joins It's Called Football to discuss his turnaround season and his struggles in Toronto

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Chiarelli lays down Lansdowne options

Councillor says 'most economical solution for taxpayers' is to go with OSEG

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

City council has three options when it meets to decide what to do with Lansdowne Park later this month, according to College Ward Coun. Rick Chiarelli.

Back in April, city council passed a motion from Chiarelli to enter into sole-source negotiations with the Ottawa Sports and Entertainment Group.

If it decides not to partner with the Ottawa Sports and Entertainment Group and move ahead with some variation of their $250-million plan, the city would be left to continue spending $4 million per year to maintain the salons and hockey arena while the stadium crumbles.

If the city rejects the OSEG Lansdowne Partnership Proposal, it could just demolish the civic centre and turn it into a lawn. That would cost at least $40 million. Building a new stadium and hockey arena somewhere else in the city would cost another $200 million.

100 years old

- Last month marked the centennial for Frank Clair stadium and the horticultural building used as a curling rink.

"By far the most economical solution for taxpayers is the Lansdowne Partnership," said Chiarelli.

Even though that plan requires that the city take a nearly $120-million loan to pay for the renovation of the stadium and to refurbish the hockey arena, that debt is paid down by a portion of revenue generated by the 300,000 square feet of commercial development at the north half of the park.

At worst, Chiarelli argues this plan would have no impact on the city tax rate. At best, it will generate enough revenue to provide tax relief.

While critics of the plan have criticized it for not respecting the culture and heritage of the park, Chiarelli argues that the history of Lansdowne is as a sports and entertainment hub.

"The fact is that we can afford to have a new stadium, a world-class junior hockey rink, great shopping and amenities if we go forward with the Lansdowne Plan," he said. "If we turn this down, we will get what we have now."

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Four charged after robbery, assault of man

COURT Police have charged four people after a man was assaulted and robbed outside his home on Craig Henry Drive just before 12:30 p.m. on Halloween. The victim, who suffered serious but non-life-threatening injuries, called police.

Police arrested four people during a traffic stop on Baseline Road near Navaho Drive and charged them with attempted kidnapping, robbery with a weapon, uttering death threats, aggravated assault, assault with a weapon, possession of a weapon, conspiracy to commit robbery and conspiracy to commit kidnapping.

Lawrence O'Brien, 20, of Renfrew, Shayne Neumen, 28, of Bancroft, Peter Alex Macdonald, 23, of Eganville and Jordyn Schruder, 19, of Ottawa appear in court today.

TRACEY TONG/METRO OTTAWA

TIM WIECLAWSKI/METRO OTTAWA

Wife of fallen soldier Trooper Brian Good, Sandra Good, left, and their daughters Kayla and Jessica hold up a street sign for Brian Good Avenue, during the Candlelight Tribute to Veterans held last evening at Lansdowne Park.

Local soldier among honoured 'fallen heroes'

Trooper Brian Good was killed by a roadside bomb while on duty with the Royal Canadian Dragoons in Afghanistan on Jan. 7, 2009.

He wasn't the first Canadian soldier to die while serving in Afghanistan. He wasn't the last. Just this week, two more Canadians were killed overseas, bringing the total dead to 133.

Last night, Brian Good and all those who have served in the Canadian Forces, especially those who gave their lives, were honoured at the ninth annual Candlelight Tribute to Veterans at Lansdowne Park.

"Canadians have fought to defend Canada and our allies and they have fought to destroy evil and provide for a brighter tomorrow," said Maj.-Gen. Peter Devlin.

Nearly 500 veterans were on hand for the event, but a special tribute was made to the family of Trooper Good, who were presented with the sign for a street in Riverside South named in his honour.

"To honour his sacrifice in this way means so much to all of us."
Sandra Good

Brian's wife, Sandra, thanked everyone from across the country for their support.

"To honour his sacrifice in this way means so much to all of us," she said. "I know Brian would be especially proud of his military family and the way they have been there for us during this difficult time. We will never forget any of our fallen heroes."

TIM WIECLAWSKI/METRO OTTAWA

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everything from A to Z

Man drops dead after winning election

Pierre Lambert smiled broadly upon learning that the voters of his small town had re-elected him to council. Then he immediately dropped dead. He had just ended a election campaign in a small town near Montreal. THE CANADIAN PRESS

Canada

Watchdog talks shortfall

The federal prison ombudsman says mental health-care services for offenders are under extreme pressure. In his annual report, Howard Sapers says there are still shortfalls in capacity, quality and standards when it comes to helping mentally ill prisoners.

THE CANADIAN PRESS

PM failed on swine flu: Critics

Opposition cries incompetence as provinces face vaccine shortage

Flu Outbreak

Critics are blasting the Harper government for its handling of the swine-flu outbreak as long lineups continue for flu shots and some provinces warn of dwindling supplies of H1N1 vaccine.

A number of provinces, including Nova Scotia, Manitoba, Saskatchewan and Alberta, face vaccine shortages after a production problem at the manufacturer's plant last week slowed delivery of the drug.

Liberal Leader Michael Ignatieff called the government incompetent during an emergency swine-flu debate in the House of Commons last night.

He said the government had released confusing information about the H1N1 vaccine which is "a source of enormous anxiety among Canadian families."

"Instead of taking responsibility the government blames everybody else, they blame the drug company because they don't have a supply next week, they blame the provinces and territories, we don't deliver health care, they say."

Ignatieff said "epidemics don't care about jurisdictions."

Health Minister Leona Aglukkaq responded that thousands of Canadians are getting their inoculations and said there will be vaccines for everyone who wants one.

Production

- Lower-than-expected production of the vaccine this week by Quebec-based manufacturer GlaxoSmithKline has meant some clinics have run out of supply. The drugmaker expects to ship roughly 436,00 doses of vaccine with an adjuvant — or booster compound — as well as about 225,000 doses of vaccine without the adjuvant, which are meant for pregnant women and young children.

She rejected the Liberal leader's claim that they are blaming other parties, saying they are using an influenza plan that was "built on years of collaboration with provinces and territories and the medical community."

The government came under fire after people faced long lineups and confusion. THE CANADIAN PRESS

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Charles 'touched' by Canadian welcome

ROYAL VISIT Prince Charles says he is "deeply touched" by the warm welcome afforded him and the Duchess of Cornwall in the royal couple's first trip to Canada together.

Charles, who arrived with Camilla earlier today in St. John's, told a welcoming ceremony he was delighted to have the opportunity to meet Canadians on his 11-day tour of the country.

Prime Minister Stephen Harper greeted the couple, saying their visit was like a homecoming for many Canadians.

Harper said Canadians were eagerly anticipating their arrival and he wished Charles and Camilla well in their travels throughout the country.

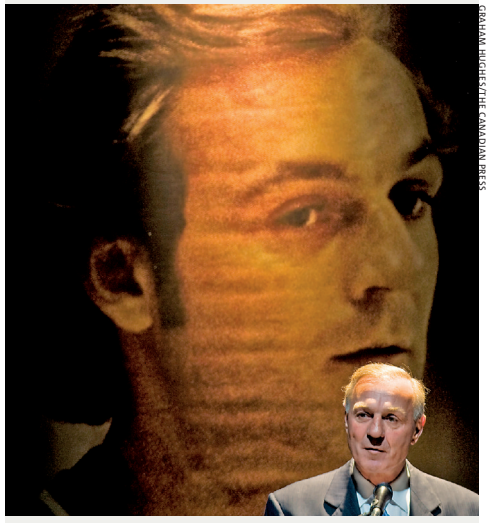
Newfoundland and Labrador Premier Danny Williams said he could think of no better place than his province to begin their trip, given their love of art and culture.

THE CANADIAN PRESS

Support for Wills

- Forty-one per cent of Canadians responding to a new poll said they would rather see Prince Charles pass the throne to William rather than succeed Queen Elizabeth himself. Only 31 per cent believed Charles should be King, according to the poll of 1,000 Canadians conducted by the Canadian Press and Harris Decima.

Montreal Life of Lafleur



GRAHAM HUGHES/THE CANADIAN PRESS

Hockey legend Guy Lafleur speaks at the launch of a DVD on his life Il Etait Une Fois ... Guy Lafleur in Montreal yesterday.

Finley pushes for mat-leave benefits

EI Self-employed Canadians will be eligible for maternity and parental leave benefits if they pay into the Employment Insurance system, Human Resources Minister Diane Finley is proposing.

There have long been complaints that Canada's 2.7 million self-employed are at a disadvantage because they are not able to take part in the EI program.

Finley's legislation means that, for the first time, these individuals could choose to pay into EI and would have access to funds to help them take time off to care for a new child.

But the Conservatives, who are already running a $56-billion budget deficit this year, would like to make the system fairer without increasing the federal government's EI bill.

"Just like the regular EI program, you're going to have to pay into it, and that's why it's going to be voluntary," a senior government official said.

Finley is expected to propose that self-employed Canadians pay into the EI system at about the same rate they would as employees of a business. The current rate for employees is $1.73 for $100 of earnings.

TORSTAR NEWS SERVICE

News in brief

COURTS A New Brunswick woman has admitted making up a story about being abducted at gunpoint and forced to drive to Ontario. In a quiet voice and fighting back tears, Marcia Simmons of Noonan pleading guilty in Burton provincial court to a charge of public mischief. A pre-sentence report was ordered prior to sentencing Dec. 21. Simmons, 44, was asked for comment and thanked her family and friends for their support. THE CANADIAN PRESS

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Two of three trapped miners found dead

Two workers trapped inside a flooded Quebec gold mine were found dead yesterday. Crews continued pumping water from the mine, but held out little hope of rescuing a third man trapped within. The bodies were identified as those of Dominico Bollini, 44, a father of two, and Bruno Goulet, 36. THE CANADIAN PRESS

Ottawa's most eligible bachelor off the market?

At first, he played hard to get. Technically, he'd made a promise to another. And it was far from clear that their families would approve.

But eventually, Peter MacKay was ready to go public about his new partner — back in the fall of 2003, when the then-leader of the Progressive Conservatives revealed that he was in negotiations to marry the old Tory party with Stephen Harper and his Canadian Alliance.

MacKay

MacKay, 45, now Canada's defence minister, revealed this past weekend that marriage — of a far more romantic kind — is on his mind again.

He reportedly proposed to his girlfriend, CTV executive Jana Juginovic, in Boston. She is attending nearby Harvard University on a Nieman journalism fellowship.

Jugonovic, 35, is a respected journalist who met MacKay while working in Ottawa. They are believed to have started dating when she moved to Toronto a few years ago, after MacKay's public breakup with Belinda Stronach.

Back in Ottawa yesterday, MacKay wasn't saying much about his wedding plans or the engagement, telling reporters only that he was "very, very happy."

Seen as one of Ottawa's most eligible bachelors since he was elected to the Commons in 1997, MacKay has had high-profile relationships with the daughter of a former cabinet minister, and with Tory-turned-Liberal MP Stronach. That relationship ended in 2005, when Stronach crossed the floor to join Paul Martin's Liberals and take a cabinet post. TORSTAR NEWS SERVICE

Olympic torch **Beacon of light**

JONATHAN HAYWARD/THE CANADIAN PRESS

Torchbearer Richard Hardy is seen in the longhouse in K'omoks, B.C., yesterday. The Olympic flame, which began its journey at ancient Olympia in Greece, is now making its way across Canada on a 106-day relay.

Cattlemen have a beef with McDonald's hoax

KICKER McDonald's Canada and the president of the Canadian Cattlemen's Association are trying to counter what they say is false information being spread by an Internet hoax.

The hoax email, which has been circulating for some time and purports to be from an Alberta cattle-feeding group, calls for a boycott of McDonald's, claiming the fast-food giant has plans to buy most of its beef from South America.

Not true, says association president Brad Wildeman, who owns a cattle feedlot in Lanigan, Sask.

Wildeman says McDonald's buys as much Canadian beef as it can, and the company says that translates into roughly 29 million kilograms each year.

Wildeman says it may not always be possible for Canadian beef producers to supply all the lean meat McDonald's needs, but he says any beef brought in from other countries would have to meet stringent food safety regulations.

McDonald's Canada says it has bought small quantities of beef from New Zealand, Australia and the U.S. in the past, but adds that the vast majority of its beef comes from Canadian producers. THE CANADIAN PRESS

News in brief

JUSTICE A U.S. federal court has ruled that Canadian Maher Arar cannot sue the U.S. government for sending him to Syria seven years ago, where he was tortured on suspicion of being a terrorist. The court noted Congress has yet to authorize such lawsuits. A Supreme Court appeal is likely.

FLU-FREE FLIGHT To avoid a deadly flu pandemic, try outer space. Canadian astronaut Bob Thirsk said yesterday the International Space Station is free of swine flu, thanks to sanitary precautions, including a pre-departure quarantine. But he's now worried about returning to Earth. THE CANADIAN PRESS

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Ukraine closes all schools due to H1N1
Urging its citizens not to panic, Ukraine yesterday closed the nation's schools for a week to avoid the spread of the H1N1 flu. THE ASSOCIATED PRESS

World

Ground Zero ship in New York

The new U.S. Navy ship USS New York, built with steel from the remains of the World Trade Center, has arrived in its namesake city with a 21-gun salute near the site of the Sept. 11 attacks. The bow of the $1-billion US ship, left, contains about seven tonnes of WTC steel. THE ASSOCIATED PRESS

Prosecutor paints Karadzic as monster

Radovan Karadzic orchestrated the 1995 Srebrenica massacre of 8,000 Muslim men and boys and his only regret was "that some Muslim men got away," a UN prosecutor said yesterday at the former Bosnian Serb leader's war crimes trial.

Karadzic again boycotted his own trial at the Yugoslav war crimes tribunal in the Netherlands, but pledged in a letter to judges that he would attend a procedural hearing today on his defence.

Prosecutor Alan Tieger focused on Europe's worst atrocity since the Second World War as he wound up his opening statement for the tribunal's judges.

Karadzic

Tieger called the July 1995 slaying in Srebrenica "one of humanity's dark chapters" and laid the blame squarely at Karadzic's feet.

"The murder of these men and the expulsion of the women, children and elderly did not arise from nowhere," Tieger said. "These crimes were the culmination of the accused's determination to cleanse eastern Bosnia to ensure the Serb state he envisioned."

Karadzic is charged with two counts of genocide and nine other crimes against humanity and war crimes linked to atrocities throughout Bosnia's 1992-95 war.

Karadzic has refused to enter pleas, but insists he is innocent. If convicted, he faces a maximum sentence of life imprisonment.

THE ASSOCIATED PRESS

Puerto Rico **Painted protest**

TANIA BARRICHELLO/THE ASSOCIATED PRESS

Women covered in body paint protest the massive layoffs of about 20,000 government workers in San Juan, Puerto Rico, yesterday. The governor of the U.S. territory, Luis Fortuno, says the dismissal of more than 20,000 public employees is necessary to close a $3.2-billion US deficit.

Another attack rocks Pakistan

BOMB A suicide bomb killed 35 people near Pakistan's military headquarters yesterday while a second blast wounded several police, continuing a wave of terrorism that prompted the UN to suspend long-term development work near the Afghan border. At least 300 people have been killed in the past month.

THE ASSOCIATED PRESS

News in brief

AFGHANISTAN The White House said yesterday U.S. President Barack Obama planned to call Afghan President Hamid Karzai about his victory in the fraud-marred election. Spokesman Robert Gibbs also said that Americans should "take heart" that the laws of Afghanistan had prevailed. Karzai has been under heavy U.S. pressure to eliminate corruption and to widen support among key ethnic groups.

RUSSIA A Russian businessman who had been convicted in Israel of being a KGB spy was shot dead in Moscow yesterday, police said. Shabattai Kalmanovich, 60, was gunned down near his apartment after gunmen opened fire on his Mercedes from a passing car. In Israel, Kalmanovich was a government adviser on the resettlement of Soviet Jews.

THE ASSOCIATED PRESS

Fewer eaten by lions: Scientists

RESEARCH The nightly attacks by two man-eating lions terrified railway workers and brought construction to a halt in one of east Africa's most notorious onslaughts more than a hundred years ago. But the death toll, scientists now say, was not as high as previously thought.

Over nine months the two hunters claimed 35 lives — no small figure, but much less than some accounts of as many as 135.

m.metronews.ca

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Learn how to scan the barcode with the instructions at the top of pg 2

It was 1898 when labourers building the Uganda Railroad across Kenya became prey, a case that was the subject of numerous accounts and at least three movies, including The Ghost and the Darkness.

Scientists hoping to figure out the actual number of people eaten decided to study the remains of the two male lions, testing the types of carbon and nitrogen in their teeth and hair.

Humans made up at least half of the diet of one lion in the last months of his life, consuming at least 24 people, they concluded.

The other had eaten 11, they found.

THE ASSOCIATED PRESS

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Trick-or-treating haul may reveal diamond ring

A Halloween trick or treater in Ohio may have gotten a bigger treat than expected — a diamond ring. A woman in suburban Cincinnati said she thinks she may have lost her ring when she was tossing candy into bags. THE ASSOCIATED PRESS

North Korea back to sabre-rattling

North Korea issued a veiled threat yesterday to increase its nuclear arsenal if U.S. officials do not quickly agree to the one-on-one talks that the communist regime is demanding.

The regime's impatience came days after No. 2 nuclear negotiator Ri Gun came away from meetings with Washington envoy Sung Kim without an agreement to hold bilateral talks.

The statement did not elaborate, but it was widely seen as a warning that the North will bolster its nuclear stockpile — a brinksmanship tactic that the communist nation has often employed.

In September, the North said it was "weaponizing" plutonium, a key ingredient for nuclear bombs, and succeeded in uranium enrichment, which would give the regime a second way to make atomic bombs. That was also seen as a pressure tactic aimed at getting Washington to agree to one-on-one negotiations. The North has quit the six-nation nuclear disarmament talks — which involve China, Japan, Russia, the U.S. and the two Koreas. The North agreed in 2007 to disable its nuclear facilities — as a step toward its ultimate dismantlement — in exchange for energy aid and political concessions.

Pyongyang halted the process and later abandoned the pact after receiving most of the promised energy aid and concessions. THE ASSOCIATED PRESS

Threats

- North Korea has mixed such threats in the past with a series of conciliatory moves, such as releasing two detained American journalists, after months of raising tensions with nuclear and missile tests.

India **Mud bath**

CHANNI ANAND/THE ASSOCIATED PRESS

Hindu devotees smear themselves with mud during during a Karthik Purnima festival near Jammu, India, yesterday. The festival is celebrated on the full moon day or the 15th lunar day of Karthik.

Clinton moderates position

MIDDLE EAST In the face of Arab criticism of the U.S. administration's recalibrated Mideast peace tack, American Secretary of State Hillary Rodham Clinton moderated her praise yesterday for Israel's offer to restrain building settlements in Palestinian areas.

While Israel was moving in the right direction in its offer to restrict but not stop the settlements, Clinton said, its offer "falls far short" of U.S. expectations.

Clinton said her earlier praise of Israel's offer had been intended as "positive reinforcement."

But it drew widespread criticism from Persian Gulf ministers who interpreted it as a softening of the U.S. position on settlements, which stand in the way of a resumption of Israeli-Palestinian peace talks.

In a sign of U.S. eagerness to calm Arab concerns about the U.S. position on settlements, Clinton is extending her trip by one day to fly to meet with Egyptian President Hosni Mubarak, her staff announced. Clinton's comments appeared to reflect a realization within the Obama administration that Israeli Prime Minister Benjamin Netanyahu's government will not accept a full settlement freeze. THE ASSOCIATED PRESS

News in brief

EBAY Online auction house eBay says it has begun removing items put up for sale by anti-abortion activists trying to raise funds for the man accused of killing a Kansas abortion provider. The company said the items violated its listing policies. Some items from supporters of Scott Roeder could still be found on eBay as of yesterday. Roeder is charged in the May 31 fatal shooting of Dr. George Tiller.

CLEVELAND Investigators trying to identify the bodies of six women found in the home of a convicted rapist are focusing the inquiry on eight or nine missing women, the coroner said yesterday. It could take days or weeks to identify the bodies. THE ASSOCIATED PRESS

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Comment

Monarchy – Yes or no?

NationalReport

The Duchess of Cornwall and the Prince of Wales have only just alighted for their 10-day Canadian tour, but might be having second thoughts about the visit.

Already the naysayers are being heard. Polls show Canadians don't care much about the Royals. Columnists are calling them anachronisms. Charles and Camilla can hardly be pleased.

Momentum for this country taking its last step to total independence has been building over time. But it has been a slow build. The idea seems to have more support among the people than politicians. When John Manley was in politics he was one of the few to muse about cutting colonial ties, but was rebuked by the elites for doing so.

In Australia, a referendum was held on dumping the monarchy a decade ago. After a boisterous campaign, the Aussies voted to keep the Queen.

Here, the politicians see polls saying a majority wish to make the break, but cower. They fear a debate on the Royals' future would be too divisive. Since the monarchy is largely symbolic, why not let sleeping dogs lie?

As was seen last December, the monarchy is more than symbolic. At that time, Gov. Gen. Michaëlle Jean threw the Conservative government a lifeline by granting its wish to prorogue Parliament. The government's future was entirely at her discretion. Former governor general Ed Schreyer as much as said he would have opposed prorogation. I don't think Adrienne Clarkson, from what I have heard, would have supported it either.

What rankled about Jean's decision was she kept the reasons for it secret. It's the 21st century, but we, her loyal subjects, were not entitled to an explanation.

Prince Charles and Camilla

Is it time for a full-scale debate on the monarchy? We haven't had a dust-up on the future of the country since the constitutional quarrels over the Meech Lake and Charlottetown accords two decades ago. Partly because of minority governments, the Canadian discussion in recent years has been limited to short-term political questions. We don't look beyond the horizon.

A debate on severing the last link with Britain would be of major consequence. It would be about entering a new stage of nationhood. It would be risky but invigorating. It would unleash energies, possibilities, and visions that only the prospect of a new identity can do.

We need not worry about any such Canadian drama happening soon, however. Such a break with the past requires a risk-taker, a tribune, a trailblazer. At this time, there is no one in our political class who fits the description.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

National securities commission needed

InBusiness

If federal Finance Minister Jim Flaherty needs another argument in favour of a national securities commission, he need look no further than the latest decision of the Ontario and Quebec securities commissions.

After three years of deliberations, they have approved online trading in derivatives for small retail investors. Individuals who hold accounts with the online trading firm CMC Markets Canada can now deal in Contracts for Difference, or CFDs. These are contracts that allow investors to make leveraged bets — CMC only requires 15 per cent deposits — on the price movements of stocks, indices, commodities, treasuries and foreign exchange. Investors never own the underlying security; they just trade on the price. Because of leveraging, if the price of whatever you're betting on goes your way, you stand to make big bucks. Of course, if it goes against you, losses will also be magnified.

So what's wrong with this? CFDs have been available to sophisticated "accredited" investors since 2003. Isn't it only fair that regulators allow ordinary Joes slaving away over their laptops the same chance to benefit from the miracle of leverage?

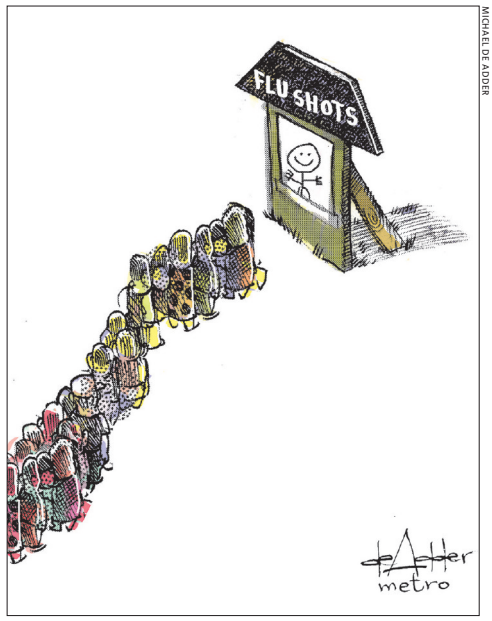
To answer that question, let's first put this latest regulatory brainstorm in the context of the times. We've just begun to emerge from the worst recession since Joanie fell in love with Chachi, a downturn, lest we forget, that was spawned by the U.S. sub-prime mortgage crisis. That was, at heart, a story of excessive lending that produced an unmanageable amount of leverage — too much debt in relation to home equity — a condition that worsened as interest rates crept up and housing prices fell.

The mess was compounded as the mortgage loans were securitized in ever more opaque financial products and sold to investors around the world. Individual homeowners got in over their heads, but so did sophisticated investors — large funds and corporations — that ended up having no idea about the quality of the securities they were buying.

There may be individual online trading geniuses who can do better than those big institutional investors, but I doubt it. Day traders very often lack fundamental investment knowledge. In fact, they like to trade on price movement alone, so having an understanding of the actual investment only gets in the way. You get this crowd hooked on leveraged investments and many shirts will be lost.

Once again, provincial securities regulators have let down the public. Let's hope a future national body won't do the same.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



MICHAEL DE ADDER

Worth mentioning

Eastern Europeans divided over democracy shift: Poll

Twenty years after the fall of the Iron Curtain, a sharp generational schism has formed in how people in Europe's former communist countries view the shift to democracy and capitalism, a survey has found.

People in nine Eastern European countries polled, who were born shortly before or after the Berlin Wall disappeared, were markedly more approving of the move to a multiparty political system and a market economy than older generations.

The survey by the Pew Global Attitudes Project mirrored one carried out in 1991. The new poll revealed an overall slip in approval of democracy and capitalism among most countries surveyed, with those polled in some countries like Bulgaria and Ukraine expressing sharp drops.

Despite the slip in approval, many more people surveyed in the latest poll expressed satisfaction with their lives than those asked in 1991. In Poland, for instance, 44 per cent said they were satisfied this year, compared with 12 per cent in 1991.

THE ASSOCIATED PRESS

Free speech

- Nearly two-thirds of Hungarians said freedom of speech was very important versus 37 per cent of Russians. More than 60 per cent of Bulgarians said honest elections were important, but only 39 per cent of Lithuanians.

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SaskTel fires five for fraud scheme

SaskTel has fired five employees for allegedly setting up a scheme that cost the phone company an estimated $85,000, CBS News Online reported. METRO NEWS SERVICES

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Job losses slowing, but quality dwindles

Job quality index has fallen in past 6 months

Fewer Canadians are losing their jobs as the recession eases its grip on the economy, but the quality of the jobs they do have is deteriorating, according to a report issued yesterday by Canadian Imperial Bank of Commerce.

CIBC says its job quality index — which measures things like wages and part-time versus full-time work — has fallen 3.8 per cent in the last six months.

The decline in the job quality index, ironically, comes in a period when Statistics Canada says the national employment situation showed a slight improvement in recent months.

"All the components that compose our quality index have worsened since March of this year," CIBC economist Benjamin Tal wrote in the report.

For example, part-time employment rose over 0.2 per cent, while full-time employment fell and self employment surged by three per cent, versus a 0.5 per cent decline in paid employment.

"But the most important factor that has contributed to the recent decline in our quality index is that any gain in employment over the past six months was among low-paying jobs while the number of high-paying jobs has, in fact, declined by at least three per cent."

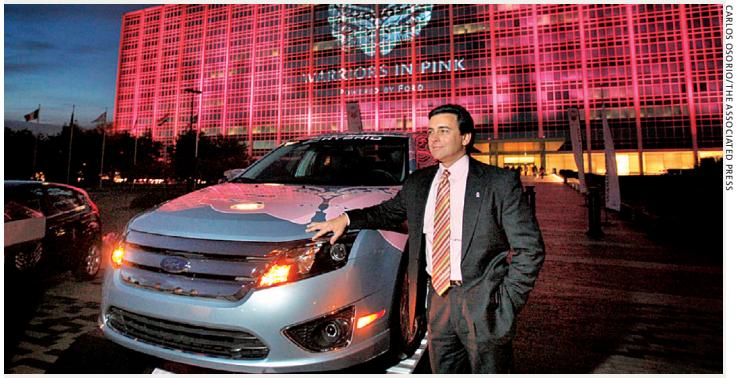
Most of the deterioration has been in Western Canada, with British Columbia leading the decline, the bank said.

THE CANADIAN PRESS

Falling wages

- In keeping with the finding, real wages and salaries fell 0.7 per cent in the second quarter of 2009, just when the labour market carnage was easing.

Auto industry **Ford's income numbers soaring**



CARLOS OSORIO/THE ASSOCIATED PRESS

Ford surprised investors with net income of nearly $1 billion US in the third quarter and forecast a "solidly profitable" 2011. Ford lost more than $14.6 billion last year and hasn't posted a full-year profit since 2005. Pictured is Ford executive Mark Fields, standing next to a Ford Fusion in front of a pink-lit Ford headquarters last week in Dearborn, Mich.

Realty commissions under fire

COMPETITION The Competition Bureau is pushing for changes in how much Canadians pay in realty commissions after an investigation found the country's largest realtor association was operating with anti-competitive rules.

The decision could open the market to cheaper listing alternatives or result in lower listing charges on the Multiple Listing Service, or MLS. An internal memo from Canadian Real Estate Association said that the federal bureau has told them its rules block competition within the industry, and has recommended changes.

"The bureau is concerned that CREA's rules have restricted consumer choice and limited the scope of alternative business models," according to a memo signed by CREA president Dale Ripplinger. "The bureau's position is that if CREA does not remove these restrictions, the Commissioner of Competition will initiate an application before the Competition Tribunal."

THE CANADIAN PRESS

Business in brief

SEAL HUNT Canada is taking its seal-products dispute with the European Union to the World Trade Organization.

HOUSING STARTS The national housing agency is reporting that housing starts have started to recover and it expects the recovery to continue.

PAPER INDUSTRY Sacrifices are required to make the Montreal-based AbitibiBowater more competitive if the province is to consider investing in the insolvent paper producer, says Quebec's economic development minister.

THE CANADIAN PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Tax-free accounts can work for you

The Tax-Free Savings Account (TFSA), introduced in January, is the newest savings vehicle for Canadians looking for flexible ways to grow their nest eggs.

Here are some examples of how Canadians can benefit from a TFSA:

Flexibility seeker: Canadians interested in investing money each year, but reluctant to lock away assets long term for fear of unpredictable ad hoc expenses such as car repairs, home renovations or emergencies. The TFSA is an attractive alternative to taxable investment accounts.

Low-income investor: Typically younger Canadians in a lower tax bracket, these investors may prefer to forego up-front RRSP tax deductions in exchange for the tax-free growth from a TFSA — particularly if they expect to withdraw the money in future years when in a higher tax bracket.

Satisfied senior: Seniors with excess cash flow (possibly from mandatory Registered Retirement Income Fund (RRIF) payments) can use a TFSA to accumulate tax-free growth. And, withdrawals from a TFSA can be made without fear of reducing government benefits such as Old Age Security and the Guaranteed Income Supplement.

RRSP maximizer: High income earners who are able to maximize RRSP contributions each year can invest excess assets in a TFSA for additional tax saving opportunities.

Income splitter: Married or common-law couples can use TFSAs to split income outside of an RRSP. Each spouse or common-law partner receives $5,000 of TFSA contribution room each year, even when the family earns one income. Unlike RRSPs, contribution room is not based on income earned.

NEWS CANADA

Tame credit card debt

AlisonOnMoney

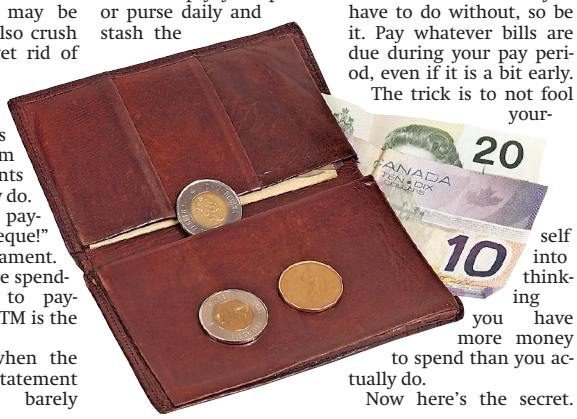
Just as sodium is a killer buried in Canadians' diets, so too is cash in your financial life. Cash may be king but it can also crush your ability to get rid of credit card debt.

I find that most people withdraw two to four times as much cash from their bank accounts as they think they do.

"I'm living paycheque to paycheque!" is the common lament. "No," I say, "you're spending paycheque to paycheque and the ATM is the culprit."

As a result, when the credit card statement comes there's barely enough to pay the minimum. But you can free up that extra money by curtailing the cash you run through.

For the short term stop all cash expenditures except for a nominal amount, say $20 to $30 for incidentals. Take that amount out in cash weekly. If you have kids, there always seems to be a few dollars needed here and there. Empty your pocket or purse daily and stash the coins in Auntie Meg's old broken teapot to build up a kid cache.



Now, put your credit card away. Instead, use your debit card but estimate what you require monthly for essentials such as groceries, gas, household bills, etc. With every paycheque track your spending to ensure you stick to the budget.

Spend no more than the estimated amount! If you have to do without, so be it. Pay whatever bills are due during your pay period, even if it is a bit early.

The trick is to not fool yourself into thinking you have more money to spend than you actually do.

Now here's the secret. Take whatever is extra every paycheque (not every month) and put it on your credit card balance. Don't wait for the statement to come. Voila, the balance will melt away.

Once the debt is gone stick with the program and devote the extra money to building up some savings so you will never have that sinking feeling when the credit card bill arrives.

Alison's Money Rule:

- If credit card debt is overstaying its welcome in your life, banish it by controlling your cash habit.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Climate concerns spawn interest in green investing

Some call it the Al Gore effect, others say it just makes good business sense. Concern about climate change, popularized by the former U.S. vice-president, has helped to accelerate interest in green and socially responsible investing, say experts.

In six years, the assets of socially responsible investment (SRI) funds have grown 10-fold to $609 billion from $65.5 billion, according to the Social Investment Organization, a non-profit association that is the voice for the socially responsible investment industry in Canada.

The desire to be part of the solution has pushed more to buy hybrid cars and organic food. Many are taking that next step by trying to use their money as a tool to spur companies to improve their environment, social and corporate governance standards. A majority of Canadians say they have an interest in having their investments reflect a sense of corporate responsibility, said executive director Eugene Ellmen.

However, he said many financial and investment advisers fail to discuss this option with clients.

Socially responsible investments produce competitive rates of return and charge comparable fees, says Michael Jantzi, head of an independent investment research firm that evaluates and monitors the social and environmental performance of securities.

The Jantzi Index, which includes 60 Canadian companies chosen based on their environmental and social records, has outperformed the Toronto Stock Exchange since it was launched a decade ago.

"This myth that you're going to lose money just simply hasn't proven true," he said. It's the reason that a growing number of institutional investors are turning to SRIs, even though interest by North American pension funds lags five to 10 years behind their European counterparts, said Jantzi.

THE CANADIAN PRESS

MoneyMatters

Withdrawal from RRSPs

A I purchased a home this month but the closing will be on Feb. 28, 2010. I may need to use funds from my Registered Retirement Savings Plan (RRSP). Can I defer the tax withdrawals to 2010 tax filing, as being drawn in the first 60 days in 2010? — Desi

Q Your RRSP withdrawal in February 2010 must be reported in the year of withdrawal.

Unlike, contributions in the first 60 days of the following year which can be claimed in the prior year or the year of contribution.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

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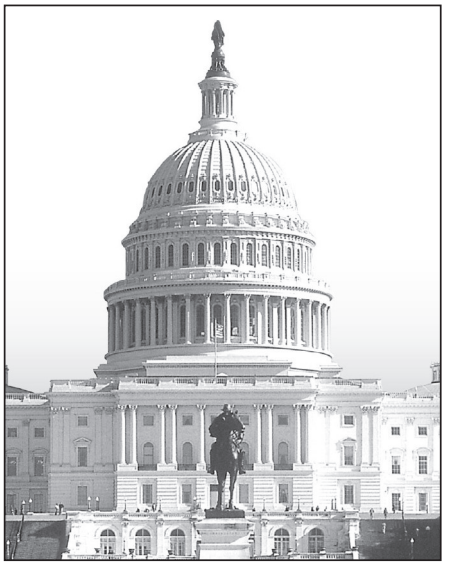

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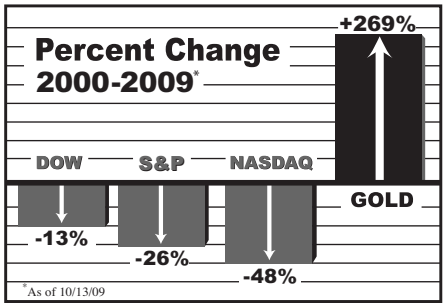

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MLS Golden Boot winner explains his success

Jeff Cunningham, winner of the MLS Golden Boot and MLS MVP nominee, joined It's Called Football yesterday to discuss his turnaround season, why he struggled in Toronto and his links to the English side Reading. Watch at **metronews.ca/itscalledfootball**

Sports

Bolt aids a cheetah

The world's fastest man adopted the animal kingdom's fastest sprinter yesterday, as Usain Bolt, left, welcomed a baby cheetah named Lightning Bolt into his life. The sprinter's sponsorship of the three-month-old male cheetah is part of an effort to boost Kenyan conservation efforts of its famous wildlife, whose survival is threatened by trophy hunting, climate change and human encroachment. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sale of Coyotes to NHL approved

BANKRUPTCY The Phoenix Coyotes' bumpy six-month journey through U.S. Bankruptcy Court has come to an end with a judge's approval of the sale of the franchise to the NHL.

Judge Redfield T. Baum signed the order yesterday after a quiet, brief hearing in a mostly empty courtroom. It was a stark contrast to earlier scenes of high drama featuring countless high-priced lawyers locked in often-bitter arguments before a gallery full of mostly Canadian reporters.

The NHL's bid totals about $140 million US. The official figure listed in the sale order is $128.4 million, but that does not include the $11.6 million the NHL has agreed to spend to purchase claims of nearly all the unsecured creditors in the case.

NHL deputy commissioner Bill Daly said the league would work to quickly close the deal and take full control of the Coyotes' business operations.

"The league also will engage immediately in a process to identify — and expedite sale of the franchise to — new ownership that is committed to the club's long-term success in the Phoenix/Glendale area," Daly said in a statement released by the league.

The only party who didn't join in the agreement is former coach Wayne Gretzky, who owned a small portion of the team. However, Gretzky did not file a formal objection with the court. THE ASSOCIATED PRESS

Sports in brief

OVECHKIN The Washington Capitals say Alex Ovechkin is "week-to-week" with an upper-body injury. The Capitals said yesterday the two-time league MVP suffered an "upper-body strain" in Sunday's overtime loss to Columbus. Ovechkin had an MRI and will travel with the team while receiving treatment.

CLEVELAND Browns owner Randy Lerner says he is "sick" about the state of his NFL team but he will not make a coaching change. Cleveland dropped to 1-7 after Sunday's 30-6 loss in Chicago.

DOPING The PGA Tour says Doug Barron has been suspended one year for using a performance-enhancing drug. He is the first player to violate the doping policy since testing began in July 2008. Barron has not played a full PGA Tour schedule since 2006 and competed only four times on the Nationwide Tour this year.

METRO NEWS SERVICES

Cash not Cashman's worry

New York's affect on players a mystery to Yankees' GM

Brian Cashman leaned against the wall just outside manager Joe Girardi's office as the best players money can buy milled about inside a quiet, but quietly confident, clubhouse.

The longest-running gripe in baseball is the Yankees have so much cash that only they can afford to bury their mistakes, and since 1998, the still boyish-looking general manager has been the guy wielding the shovel.

Late Sunday night, with New York just 27 outs from winning its 27th World Series — but first since 2000 — the small smile that creased Cashman's lips was part relief, part I-told-you-so. It seemed to say, "You have no idea how hard it is to get value for your dollar."

Cashman has shelled out more than $1.6 billion US in salaries since a broken-bat single by Arizona's Luis Gonzalez looped lazily over a drawn-in infield and ended the Yankees' last dynastic run as the calendar turned over on a new century.

Since then, he's lavished some of it on ballplayers who were great before they arrived in New York, and a few who were great after they left town. But he conceded that for all the time, research and cash invested in the process, he still hasn't figured out exactly why some thrive there and others leave town with tails tucked between their legs.

AL BELLO/GETTY IMAGES

Manager Joe Girardi, left, and general manager Brian Cashman of the New York Yankees talk before Game 1 of this year's World Series. A Series win over the Philadelphia Phillies would be the 27th title for the Bronx Bombers, and the first since 2000.

For results of last night's World Series Game 5, visit: **metronews.ca/sports**

And pitchers, he added, remain the most mystifying purchase of all.

"But they're the key to the kingdom," Cashman said. "The last five, six, seven years have proven that beyond a doubt."

And that's why two of the three stars the Yankees added this season — along with first baseman Mark Teixiera — were pitchers: Staff ace CC Sabathia and No. 2 starter A.J. Burnett. The trio cost the Yankees $423.5 million.

Burnett took the mound last night, like Sabathia a day earlier, on three days' rest. His job is to buy the Yankees bats enough time to build a lead, then turn the game over to the middle relievers and eventually Mariano Rivera, arguably the most reliable final act in sports.

Cashman has scanned the globe and spared no expense trying to find players who can thrive on the biggest stage. He knows only too well how rare those guys are. Toward the end of an interview, Rivera's name comes up and the GM's tone shifts almost to reverence.

"A guy we gave very little money to, who came out of a small village in Panama and moved to the big city without ever once stumbling or losing his footing. For him to do what he did for as long as he has," Cashman said, "is incredible." THE ASSOCIATED PRESS

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Learn how to scan the barcode with the instructions at the top of pg 3

Jays' long-term plan almost ready

BASEBALL Alex Anthopoulos is putting the final touches on a long-term plan for the Toronto Blue Jays and expects to share some of the details before next week's general managers meetings in Chicago.

The rookie GM spent most of his first month on the job putting the struggling and aimless franchise's house in order by restructuring the scouting and player development departments, and later sorting through the coaching staff's dysfunction.

Next on the agenda is installing a philosophy and a direction to guide the Blue Jays through this off-season as Anthopoulos and his staff try to build a winner from the rubble of a 75-87 season.

Alex Anthopoulos

He'll sit down in the coming days with team president and CEO Paul Beeston and the team's ownership to hammer out the guidelines before giving the public the gist of things, likely this weekend.

"I'm getting really close," Anthopoulos said in an interview yesterday. "By the time I go to the GMs meetings (Nov. 9-11) I'm going to know exactly what direction I'm going in, and where the organization is headed, and what we have to work with, and so on."

The overriding question is whether to add to a payroll that was about $80 million US last year, or scale back to rebuild the core for a competitive window down the line.

The answer there will decide the fate of ace Roy Halladay, who is eligible for free agency after the 2010 season and won't want to stick around for any kind of rebuild. Dealing him would help kickstart the process by fetching a group of young players to boost the farm system.

THE CANADIAN PRESS

Petes drop 67's in shootout

OHL Ryan Spooner had no points in regulation, but he was the only player to score in the shootout of the Peterborough Petes' 5-4 win over the Ottawa 67's yesterday.

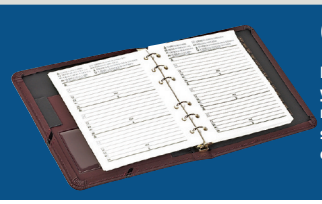
Matt Puempel had a goal and an assist for the Petes (9-9-0) in his first Ontario Hockey League overtime game.

Part of a school-day promotion, the game started at 10:30 a.m. and a packed house of mostly children made the Urbandale Centre perhaps the loudest place in Ottawa.

THE CANADIAN PRESS

Did you know?
With 680 applicants for every one of its 297 spots, the Indian Institute of Management in Ahmedabad, India, is the world's most competitive MBA program. **CSMONITOR.COM**

MBA Guide



Get organized

If you've decided to pursue an MBA, you will have homework! To maximize your time, use an agenda to stay organized, and create a designated study area for yourself.
NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Degree can pay off

RAFAEL BRUSILOW
for Metro Canada

Despite the high price tag and big-time commitment, an MBA degree can pay big dividends for your career.

MBA tuition at Canadian schools averages about $25,000 and ranges up to almost $100,000 for EMBA programs at certain schools, meaning if you're thinking of getting an MBA, you have to think strategically about how getting the degree is going to be an investment in your future.

Richard Powers, associate dean at the University of Toronto's Rotman School of Management, says many employers still see the MBA as a gold standard for top-level management positions.

"Many years ago, a B.A. degree was viewed as a ticket to get an upper-level job — now it seems an MBA is that ticket," Powers said.

Powers argues that the types of skills taught and polished in an MBA program are fundamental to business, and therefore will remain valuable to most employers.

"Even leaders without an MBA are depending on MBAs to help their companies become successful. You need those skill sets in your business," Powers said.

Maclean's magazine regularly uses survey results to rank Canadian MBA programs for quality, and the Financial Times ranks all world MBA programs and shows how much average graduates' salaries increase after finishing their MBA degrees. The 2009 Financial Times ranking shows several MBA schools in Canada made the top 100 and averaged between 83 and 98 per cent or higher increase in salary post-graduation, including the University of Alberta, Sauder (UBC), Ivey (UWO), Rotman (U of T) and Schulich (York).

If you're planning on investing in an MBA, do your research to see which MBA school matches your specific program needs.

"Make a list of what you want to get out of an MBA. You need to have a return on investment for your chosen MBA program and that ROI isn't necessarily financial," Powers said.

For example, Powers says younger MBA grads frequently opt to use their MBA degrees to secure work at non-profit agencies, where they initially earn less but get to take command in higher-level positions much sooner in their careers than they would in the corporate world.

Deborah Hurst, director of MBA programs at Athabasca University in Alberta, agrees that regardless of how the market fares in the short term, the value of an MBA is likely to stay high but adds that the market meltdown should be a wake-up call to schools that sustainability and ethics should be a big part of any MBA degree.

"I think it's more important now than ever to have the kinds of skills and abilities that an MBA offers, but the experiences have to be real and you have to build in ethics and sustainability. We've got to look at high-level decision making that takes into account ethical frameworks," Hurst said.

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Schulich earns top spot

York University's Schulich School of Business earned the top spot of the 2009-2010 Beyond Grey Pinstripe rankings, which was released by The Aspen Institute. The poll is part of a biennial survey and alternative ranking of full-time MBA programs. METRO NEWS SERVICES

More than one way to pay for an MBA

ERIC EMIN WOOD
for Metro Canada

There are a number of ways students can pay for their MBA, says Charmaine Courtis, executive director of student services and international relations at York University's Schulich School of Business.

"In the first place, students coming into the program have several years' working experience, so they have savings," she says. "They are also eligible to apply for student loans, and many people do that."

Government loans are the most common financial aid among full-time students because the option is so widely known, says Sharan Girn, admissions adviser for Simon Fraser University's graduate business programs. "However, if students do their research, they will find there are various other options available," she says.

For instance, if a student has an RRSP, the Canada Revenue Agency offers the Lifelong Learning Plan, which allows students to withdraw from their RRSP to finance training or education, Girn says.

Bank loans are another option. Students from Schulich can apply for a preferred-rate line of credit from the Royal Bank of Canada, says Courtis, and the maximum available credit covers the cost of a two-year full-time program.

Paid internships are also common. "If students are doing a two-year program, they tend to break for a semester and work with a company," says Courtis. "That's a way to make some money and build credentials for graduation when you're looking for a real job."

Girn recommends contacting MITACS (mitacs.ca), which partners students with paid internships under their MITACS Accelerate Internship Program. "MITACS will put in 50 per cent and then the employer will put in 50 per cent," she says.

Many universities offer students paid research or teaching assistantships, "so they'll work in the classroom and receive a stipend for that," says Courtis. "Many students also take part-time jobs."

Occasionally, companies are willing to pay for their employees to earn an MBA, and many students will focus their final applied projects on their own companies, Girn says.

Finally, students should always apply for scholarships and bursaries. "Bursary money is awarded on the basis of need," Courtis says, "while scholarship money is awarded on the basis of academic credentials."

Demand on the rise for online MBAs

RAFAEL BRUSILOW
for Metro Canada

A handful of schools in Canada offer online MBA programs.

As the business world continues to move further online, it's only natural to see MBA education do the same. Today with a growing number of schools around the world offering online MBA programs, it's clear that sitting in a classroom is no longer the only way to get a degree.

Distance education is nothing particularly new to the MBA world, which saw distance-learning alternatives to standard MBAs grow in popularity in the 1960s and 1970s, especially in the United States.

The Internet has greatly changed the nature of such education however, making previously unlikely student interaction a key feature, keeping programs current and competitive and most importantly raising credibility and standards throughout the industry.

Dozens of schools throughout the U.S. and a handful in Canada currently offer online MBAs and demand is increasing.

Deborah Hurst is director of MBA programs at Athabasca University in Alberta, which in 1994 began offering the first fully interactive online MBA in the world. Today the school has 840 active MBA students in its MBA and Executive MBA programs. What started with floppy disks and dial-up Internet connections has quickly metamorphosed into a technologically savvy program that sounds very much like what you'd expect a traditional classroom MBA would offer complete with scheduled lectures, group work and more.

"We've always been collaborative, where students learn as much from one another as from the instructors," Hurst said.

Whereas real-world discussions in the classroom tend to be dominated by more social, outgoing students, in the online world Hurst says shyness is no obstacle to participation since students can respond to comments on their own time and from the relative safety of their own computers. Students used to squeaking by without raising their hand in a classroom are forced to participate in an online setting because instructors can see at a glance who is responding to online comments.

"The online environment allows students to refine their thinking because they have time to think and work together in a way that is thought to thought. It also allows for a more democratic sharing of ideas because all students are required to participate. There's nowhere to hide," Hurst said.

At Lansbridge University in Fredericton, N.B., the online MBA program uses real-time PowerPoint presentations and voice-over-Internet to make the virtual learning experience as visceral as possible. Lansbridge marketing manager Holly Christie says the immediacy of online interactions makes it easier for students to connect to instructors.

"We don't have teaching assistants — if you email the faculty it's the faculty that responds," she said.

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Baléa at Shoppers
Shoppers Drug Mart has just introduced Baléa, a new range of value-priced products for hair, body and face with scent combinations such as vanilla-and-coconut and white-ginger-and-nectarine. METRO NEWS SERVICES

Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

The couple that cleans together

Hubbies who houseclean get more sex, study finds

According to a new study out of the U.S., the more housework a husband does, the more sex he gets.

But hold on, fella, before you jump up and start scrubbing the toilet — the study also showed that the relationship between cleaning and sex is more complex than that.

Most couples complain that trying to juggle work, family and keeping the dust bunnies from multiplying leaves little time for sex, but the study of almost 7,000 married couples revealed that those who work hardest also do the most housework and yes, have the most sex.

"Rather than compromise their sex life" because of time demands at work or at home, "this group of go-getters seems to make sex a priority," says Constance Gager, lead researcher and an assistant professor of family and child studies at Montclair State University, Montclair, N.J.

Many couples in the study said that sharing household duties made them feel more like a team working together to maintain their home, which in turn made them feel more intimate.

But it's not just about being overachievers. Many couples in the study said that sharing household duties made them feel more like a team working together to maintain their home, which in turn made them feel more intimate.

This study, published online in the Journal of Family Issues, isn't the first to make the connection between sharing household duties and marital bliss. Couples in one U.S. study out of the Pew Research Center placed "sharing household chores" as the third most important factor in a successful marriage, behind faithfulness and a happy sexual relationship.

Unfortunately, according to this study, women still spend an average 41.8 hours a week on housework, compared with 23.4 hours for husbands.

And, I have yet to see a TV ad in which hubby's gobsmacked by the amazing scrubbing power of some new cleaning product unless it's got some kind of masculinity-preserving technology behind it.

It's not like we're still living in a 1950s sitcom — there are certainly plenty of guys who more than pull their domestic weight — but generally, women still do most of the housework.

And many resent it. Despite what the study found, I've heard more than one woman joke that her idea of great foreplay is having her husband do the dishes or the laundry without having to be asked. Only thing is, they're probably not joking.

• How do you and your partner share the housework? Does it cause conflict in your marriage? Share your thoughts in the comments section in the online version of The J Spot at metronews.ca.

LISE GAGNE/ISTOCKPHOTO.COM

Though a new study has found that husbands who do more housework get more sex, guys shouldn't conclude that doing the occasional bit of cleaning will score them a quickie: The relationship between cleaning and sex is more complex than that.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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IS HALLOWEEN REALLY A TREAT FOR YOUR TEETH?

We trust you all survived the ghosts, ghouls and goblins that invaded your homes last week! Halloween is always a time for mixed feelings as a parent. On the one hand, we enjoy seeing how those little faces become so excited at this time of year.

But as a protective parent, how can you overlook that Halloween is also a season of sweets and sugar, potential cavity makers.

Since we were children, we have always been told that "too much sugar is bad for your teeth". We have the best of intentions to limit the amount of sugar our kids consume. The problem is that sugar is a key ingredient in so many of their favourite foods.

Getting children to eat healthier is always a challenge. Many schools have been helping by removing chocolate bars, chips or soft drinks from vending machines on their property. But children still have no trouble finding sugary, starchy foods.

We know that these foods have contributed to the increasing epidemic of childhood obesity. But they are also contributing to the increasing problem of tooth decay amongst young children.

Dr. Bao Nguyen
Dental Surgeon

Consider that an 8 ounce bottle of cola contains 6 teaspoons of sugar; a 12 ounce can has 10 teaspoons. Is it any wonder that soft drinks are referred to as "liquid candy"? And we know how much kids love soft drinks.

By no means are we suggesting that children remove all sugar from their diets. Many of these products are fun to eat, and we all need to have fun. However, as much as possible, try to encourage them to find their sugars from healthier sources, such as fruits. For example, dried cranberries are a much healthier alternative, and deliver a lot of sweetness.

And whether your kids are eating Halloween candies or dried cranberries, it is vital that you encourage your children to brush after eating. The longer sugary foods are allowed to remain on their teeth, the more damage can be done. Brushing after every meal is your best defense. If possible, have your children take a toothbrush to school so they can brush after lunch. Two minutes per session is the recommended amount of time. Be sure that the brushes are stored in containers that are able to be disinfected. Have your children bring their toothbrushes and containers home on a regular basis and use your dishwasher to sterilize both.

We hope your children are enjoying the Halloween candy they worked so hard to bring home last week. Let your children enjoy some sugar, but do your best to make sure it is a moderate amount.

Because limiting the amount of sugar your kids eat is a healthy habit…and healthy habits lead to healthy lives.

Dr. Bao Nguyen
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Beauty picks: Body Shop Originals

From multi-coloured leggings to the ubiquity of Journey's Don't Stop Believing, it's apparent that there's been a definitive second or third wave of 1980s revivalism. While the jury's still out on shoulder pads, some actual good has come of this resuscitation; The Body Shop is re-introducing some previously discontinued favourites for a limited time. Among the best-selling products that will be making a comeback include their beloved Dewberry Body Lotion, Banana Shampoo and Conditioner, Fuzzy Peach Bath & Shower Gel, Carrot Moisture Cream and Ice Blue Shampoo. Also blessedly back from the dead: The Body Shop's amazing Cucumber Cleansing Milk (I am stocking up this time) and accompanying Cucumber Freshening Water. All Body Shop Originals products retail for $8.99 each.

SOFI PAPAMARKO/
FOR METRO CANADA

Go Mama go!
Majesco Entertainment Company has released Cooking Mama 3: Shop & Chop for Nintendo DS to retailers nationwide. Cooking Mama 3 serves up a new shopping mode that lets players buy ingredients from the store to make 80 new recipes, from chili con carne to pumpkin gnocchi. METRO NEWS SERVICES

Food

A 3½-ounce serving of chicken has about 140 calories and 3 grams of fat, while the same amount of turkey breast has 120 calories and 1 gram of fat.
ROSE REISMAN

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Personal Gourmet recipe of the month — ROSE REISMAN

Turkey with a twist

Wild Rice and Brown Rice Pilaf with Dried Fruit and Pecans

This is probably the best rice dish I've ever developed. Both types of rice can be cooked together and they blend well with the dried fruits. I serve it as a side salad to my meals or as a buffet item. Very little oil is needed because of all the flavours in the salad.

SERVES 8

INGREDIENTS:
- 3/4 cup wild rice
- 3/4 cup brown rice
- 4 cups vegetable or chicken stock
- 1/2 cup chopped toasted pecans
- 1/3 cup chopped green onions, whole onion
- 1/3 cup dried cranberries
- 1/3 cup dried chopped apricots
- 1/3 cup chopped fresh cilantro or parsley

DRESSING:
- 1 Tbsp olive oil
- 1 Tbsp thawed orange juice concentrate
- 1 Tbsp freshly squeezed lemon juice
- 2 tsp low-sodium soy sauce
- 2 tsp raspberry or balsamic vinegar
- 1 1/2 tsp sesame oil
- 1 tsp minced garlic

METHOD:

1. In a saucepan, combine both types of rice with the stock. Bring to a boil. Reduce heat to a simmer, cover and cook for 35 to 40 minutes or just until the rice is tender. Drain excess liquid. Place in a large bowl. Cool.

2. Stir the pecans, green onions, cranberries, apricots and cilantro into the cooled rice.

3. To make the dressing, in a small bowl, whisk together the olive oil, orange juice concentrate, lemon juice, soy sauce, vinegar, sesame oil and garlic. Pour over the salad and toss to coat.

Turkey Scaloppini with Apricot and Dried Cherry Salsa

Wild Rice and Brown Rice Pilaf with Dried Fruit and Pecans

Turkey Scaloppini with Apricot and Dried Cherry Salsa

Most supermarkets now sell boneless turkey breast, which is leaner than chicken. If you can't find these thin cutlets, ask your grocer to slice boneless breast into scaloppini. Dusting it with flour keeps the turkey moist. The dried fruit salsa is a perfect accompaniment. Serve the scaloppini over mashed potatoes, with grilled vegetables alongside.

PREP TIME: 15 MINUTES
COOK TIME: 8 MINUTES
SERVES 4

INGREDIENTS:
- 4 turkey scaloppini (about 1 lb)
- ¼ cup all-purpose flour
- 2 tsp vegetable oil
- ¼ cup chopped dried apricots
- ¼ cup dried cranberries
- 1 cup diced red bell pepper
- 1/3 cup diced green onions, white part only
- 1 tsp crushed fresh garlic
- ¼ cup chopped cilantro or parsley
- 3 Tbsp apricot jam
- 1 Tbsp pure maple syrup
- 1 tsp Dijon mustard
- 2 tsp apple cider vinegar or freshly squeezed lemon juice
- 3 Tbsp chopped cilantro or parsley

METHOD:

1. Dust the turkey with flour. Spray a non-stick grill pan or skillet with cooking oil, add the vegetable oil and heat to medium. Sauté the turkey just until browned on both sides and no longer pink, about 8 minutes in total. Remove from the heat and keep covered.

2. To make the salsa, combine the apricots, cranberries, bell pepper, green onion, garlic, cilantro, jam, maple syrup, mustard and vinegar or lemon juice.

3. Spoon the salsa over the turkey and garnish with cilantro or parsley.

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Million-dollar babies

Whether you believe that the economy is on the rebound or not; wine fans know that the quest for great "bang for your buck" bottles is more about fun than finances.

In fact, I've always said spending $100 on a wine is easy — finding one that tastes like it does for next to nothing is the challenge.

Ground zero for tasty quality juice at rock bottom prices is Argentina. I was there this past spring so I can testify to that fact as an expert witness with the wines from Finca Flichman as perfect evidence.

I tried a variety of different styles with Chief Winemaker Luis Cabral de Almeida and his introductory wines offer terrific value — particularly the **2007 Misterio Malbec ($7.95 – $13.95),** which has the dark red fruit flavour and tongue-tingling pepper of a much more expensive malbec.

Spain — the original Latin land of wine — also offers plenty of bargain vino with **Castillo de Monséran's 2008 Garnacha ($8.95 - $10.99),** a smooth, ready to drink red with soft black cherry and ripe, sweet berry fruit.

Both are versatile food wines: Matching especially well with lighter grilled meats, spicier sausage and tomato-based sauces.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years. Follow him on twitter @TheRealWineGuy and email liquidassets@eastlink.ca.

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at roseireisman.com & personalgourmet.ca

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Karolina Kurkova is the proud mother of a boy

Supermodel and G.I. Joe actress Karolina Kurkova, 25, and film producer of Voices of Iraq, Archie Drury, welcomed a son Thursday in New York, her rep confirms to PEOPLE. "Both mother and baby are happy and healthy." PEOPLE.COM

Entertainment

Baby for Mel

Mel Gibson is officially a father again. Radar Online reports that the actor's girlfriend, Oksana Grigorieva, has given birth to the couple's first child, a girl. The baby wasn't due until December. METRO NEWS SERVICE

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

The Taking of Pelham 123

Director: Tony Scott

AGAINST ALL ODDS and better advice, Tony Scott directs Denzel Washington and John Travolta in a remake of the kidnap classic. And he improves on it.

Pelham '09 finds its groove in the here and now, just as the original Pelham did in 1974, with more complications and fewer laughs.

The taut script by Brian Helgeland realistically adds fears of terrorism to the mix and shades characters so that both Washington's good guy Garber and Travolta's bad guy Ryder have intriguing back stories, plausibly connecting them as kindred spirits in desperation. The updated screenplay still finds time, as in the original, to explain the title's "123" reference, which is the 1:23 p.m. hour the downtown train begins its journey beneath Manhattan.

G.I. Joe: The Rise of Cobra

Director: Stephen Sommers

IF NOTHING ELSE, this exercise in ballistic bathos sets to rest the theory about chimps with typewriters being able to produce Shakespeare if given enough time and bananas. They couldn't do the Bard, but they evidently penned G.I. Joe.

Neither the clumsy good guys led by Dennis Quaid — "the Joes" — nor the clownish bad guys adorned by Sienna Miller seem to have a clue as to what they're doing, apart from blowing up as many objects and people as possible. The direction is credited to genre hack Stephen Sommers (The Mummy), but the citation seems unwarranted. This is little more than an endless series of computer-rendered explosions, collisions and incisions, with no discernable effort expended on directing or acting.

Peter Howell/for Metro Canada

New musical detour

Home Routes helps fans stage concerts in their living rooms

GEORGIE BINKS
for Metro Toronto

When Ron Myhr invites his buddies to his Pickering, Ont., home for a night of folk music, they can always count on first rate entertainment.

Performers like Juno award-winner Cara Luft or Canadian Folk Music Awards' contemporary vocalist of the year Tannis Slimmon are just two musicians who have wowed Myhr's home audience over the past few years. (The lineup of musicians also includes veterans like Valdy and David Bradstreet.)

It's not that Myhr has the inside track on Canadian musical talent — or maybe he does. The concerts at Myhr's house are arranged by Home Routes, the brainstorm of Winnipeg musical promoter Mitch Podolak.

Designed to bring folk music to the people, they've taken off in the Western provinces faster than a prairie grass fire and they're spreading eastward just as quickly.

Tim Osmond, Home Routes operation manager explains, "Usually when folk artists tour venues are very far apart. As well, there are only so many venues." Home Routes has 10 different circuits across the country with names like Cherry Bomb circuit in B.C. and the Estelle Klein circuit in Ontario.

"With file swapping on the Internet and record companies collapsing, it's all about live music. For the artists it's fantastic. We can get our music out to the people in a nice, intimate setting." Jay Aymer

Each circuit has about seven host homes with a one- to three-hour drive distance between them.

All that prospective hosts need is a room that will fit at least 30 people as well as a place to put up the musician for the night and provide dinner and breakfast.

Musicians like Jay Aymar love it. "We can talk to the audience — kids can get up and sing and dance. There aren't distractions either — like a bartender powering up the blender for margaritas."

That's right — no ticket processing fees or lengthy drives to an impersonal venue. There are also no roadies or sound checks. Musicians might bring an amplifier and their guitar but that's it. Myhr's neighbours simply slap down their $15 and get ready to enjoy. Musicians usually play two 45-minute sessions and then sell their CDs after. Osmond estimates the annual salary of a folk musician is $10,000 and he says these concerts often account for half a year's salary.

Aymar believes these are the future of music. "Music is coming back to the people. With file swapping on the Internet and record companies collapsing, it's all about live music. For the artists it's fantastic. We can get our music out to the people in a nice, intimate setting."

Juno-winner Cara Luft is just one of the musicians who has performed in people's homes as part of the Home Routes initiative

Tour details

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Major discount on Whitney home

For Whitney Houston, the greatest love of all may be a great deal on a piece of New Jersey real estate. The singer is putting up her $5.6 million home up for sale for a steal of a price – less than half of its assessed value. PEOPLE.COM

MTV joins Berlin party

This time it's Berlin calling.

The MTV European Music Awards (EMAs) are coming to the German capital with an international cast, featuring performances by U2, the Foo Fighters, Shakira and Leona Lewis.

Berlin is the only city to host the awards show twice, in 1994 and on Thursday — a decision MTV said it made to celebrate the 20th anniversary of the fall of the Berlin Wall on Monday, Nov. 9.

"This year's EMAs is unique in having the theme of unity in addition to what we normally do — celebrating and playing the music," MTV International's CEO Bill Roedy told The Associated Press in an interview.

Legendary Irish band U2 will play a short set in front of the Brandenburg Gate before the awards show is held at the O2 World stadium. Tickets to U2's performance were given away free online and were snapped up within hours.

The 2009 MTV European Music Awards streams live Thursday on mtvema.ca at 3 p.m. and airs on MuchMusic at 7 p.m.

U2's concert is not only a historical nod to the significance to the Brandenburg Gate — which lies on the line that formerly divided East and West Berlin — but also a reflection of the band's history. Their seventh album, Achtung Baby was recorded in Berlin in 1990 and their single One was inspired by the fall of the wall and written on the eve of German reunification.

The EMAs feature 13 award categories with nominees from Europe, North and South America. Traditionally, many awards go to American artists who are also popular in Europe.

Last year's EMAs were held in Liverpool, with Americans Britney Spears, Kanye West and Pink all taking home awards. There is also a Best European Band that went last year to Turkey's Emre Adym.

Music from the Western world was embraced by youth in East Germany before and after the fall of the wall.

"Everything that looked like a lively and vivacious culture was loved by East German youth because they felt a great yearning," Frithjof Hager, a sociologist at the Free University in Berlin, told the AP.

THE ASSOCIATED PRESS

GETTY IMAGES PHOTOS

U2, featuring Bono, and Shakira will be among the performers at Thursday's MTV European Music Awards in Berlin, which is commemorating the 20th anniversary of the fall of the Berlin Wall.

Notable nominees

- This year's nominees include newcomers like pop-act Lady Gaga and the English electro-pop duo La Roux, along with established acts like Green Day, Shakira and Jay-Z. Vying for Best European Act are Finnish rock group Deep Insight and Italy's Lost.

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In brief

BOOKS The pre-release hype for Canadian author Yann Martel's new novel suggests readers may find the book "truly unexpected and shocking." U.K. publisher Canongate told Bookseller.com that the novel, Beatrice and Virgil, is set for publication next June and will be released by Knopf Canada. Martel told The Canadian Press last month that the novel is a Holocaust tale told through animals.

TV Prime-time newcomer Jay Leno says he would have rather stayed put at The Tonight Show — and if NBC offered him that job again, he'd take it. In an interview with Broadcasting&Cable magazine published online Monday, Leno hastily added that such a decision isn't his to make. The Jay Leno Show, which began on NBC in September, has taken a lot of heat within the TV industry as well as from critics.

METRO NEWS SERVICES

Kenya's Style
Kenya Hunt
Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

		Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/3/09	primetime	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		London Hospital (N)		The Cosmos	The Cosmos	Agenda-Paikin
		211	331	3	GTV	ET Canada	Entertainment	NCIS (HDTV) (N)		NCIS: Los Angeles (N)		The Good Wife (N)		News Final
		-	-	5	SRC	Virginie (SC)	La Facture	Providence (N) (SC)		Aveux Pauline à l'hôpital. (SC)		Le Téléjournal Nouvelles. (SC)		La Zone (SC)
		209	342	6	CHRO	Degrassi: TNG	TMZ (N)	So You Think You Can Dance (HDTV) (N)				Wife Swap		Comedy Now
		196	311	7	CTV	etalk	Hollywood	V "Pilot" (N)		Dancing With the Stars		Law & Order: SVU		CTV News
		208	303	8	CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (DVS)		CBC News: The National		The Hour
		-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (N)				The Jay Leno Show (N)		News
		117	713	10	TVA	Les Gags	Occupation	Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
		-	-	11	QS	Bienvenue	Rire et délire	Les Anges millionnaires		Pratique privée (N) (SC)		Wipe Out	L'Attaque à 5 (N)	
		137	763	12	TFO	Panorama		Un monde de passions		*La Frontière de l'aube* ★ (2008, Drame) Louis Garrel.				Destination
		-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS (HDTV) (N)		NCIS: Los Angeles (N)		The Good Wife (N)		Two/Half Men
		216	395	14	OMN2	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Solo Flight
		214	344	15	CITY	Law & Order: SVU		The Biggest Loser (N)				The Jay Leno Show (N)		News
		115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
		218	345	18	CHCH	*Touch of Evil* ★★★★ (1958, Crime Drama) Charlton Heston.				*Cadillac Man* ★★ (1990, Comedy) Robin Williams.				News at 11 (N)
		-	361	20	ABC	Action News	Entertainment	V "Pilot" (N)		Dancing With the Stars		(10:01) the forgotten		News
		512	396	24	CPAC	La Période de questions (SC)		Heure polit.	L'Heure politique				Revue	Période-quest.
		651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
		-	365	36	FOX	TMZ (N)	Seinfeld	So You Think You Can Dance (HDTV) (N)				FOX 2 News (N)		News
		-	-	64	PBS	Business Rpt.	Whiz Quiz	Nova (N) (DVS)		Frontline (DVS)		Independent Lens (N)		Charlie Rose
		205	312	104	CTV	etalk	Hollywood	V "Pilot" (N)		Dancing With the Stars		Law & Order: SVU		CTV News
	news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		CBC News: the fifth estate		National
		500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	sports	406	417	27	net	UFC: Access	UEFA Champions	League Soccer Milan vs. Real Madrid. (HDTV)				Sportsnet Connected		Prime Time
		126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
		400	280	30	TSN	NHL Hockey Boston Bruins at Detroit Red Wings. (HDTV) (Live)					SportsCentre	NHL Hockey: Rangers at Canucks		
		410	403	52	SCR	Cabby Unlimit	Score Today	Court Surfing NBA news, scores and highlights.						Score Now
		411	457	56	OLN	Ghost Hunters International		Dog the Bounty Hunter		Survivorman		Ghost Hunters International		Bounty Hunter
		417	406	59	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pass Time
	family	554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
		557	540	51	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
		551	542	65	YTV	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
	cable variety	570	580	29	MM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix
		615	520	31	A&E	Criminal Minds "Identity"		The First 48		Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars
		628	584	32	SPKE	CSI: Crime Scene Invstgtn.		UFC Unleashed		UFC Unleashed		UFC Unleashed		Surviving
		521	560	34	TLC	Kate: Her Story (HDTV)		20 Years, 20 Duggars		18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	20 Duggars
		145	761	35	TV5	Chroniques d'un lac sacrifié		Pékin express				Avenirs	Hors série	TV5 Le Journal
		616	521	39	SHO	The Outer Limits		*Storm Cell* (2008, Drama) Mimi Rogers.				Bones (HDTV)		NCIS
		620	523	40	BVO	Road to Baleya		Live at the Rehearsal Hall		Straight Shooter: The Mamas & the Papas			McLauchlan	Law & Order
		520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Time Warp Medieval catapult.		Daily Planet
		575	583	43	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons
		601	562	45	SLC	Rich Bride, Poor Bride		Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada
		625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
		294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Air Force One* ★★★ (1997, Suspense)		
		600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters	House Hunters	Holmes-Homes
		627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium "Baby Fever"		Medium "Bite Me" (N)		Star Trek
		581	566	53	MTV	Peak Season	After	Disaster Date	The City	The City	The Hills	The Hills	After	MTV Live
		618	524	54	TROP	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy	'70s Show	'70s Show
		522	506	55	HIS	Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering		Crime Stories
		129	773	60	CD	Biographies "Matt Damon"		Mayday "Une faille meurtrière"		Images-chocs		Les Procureurs		National Geo
		261	394	61	V	Murder, She Wrote		Bless-Father	Dinnerladies	Quantum Leap		Unscripted (N)	I Prophesy	Poltergeist
		602	567	62	W	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury	How to Look Good Naked (N)		Younger
		269	350	70	APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	First Nation	Moose TV	Rez Rides	Moccasin Flats	Short Cuts
		621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
		603	561	95	FN	Ricardo	Exotic	Restaurant Makeover		The F Word (N)		Good Eats	Good Eats	Iron Chef Am.

critics' corner

The Good Wife

She's only after him for his body ... of knowledge. Alicia is working with Will on the appeal of a death-row inmate who was convicted on Peter's watch. To get some needed information on the case, she agrees to a conjugal visit with her imprisoned hubby in the new episode "Conjugal." 10 PM on 13 CBS 3 GTV

NCIS

In this new episode, the bodies of two mercenaries are found on Gibbs' boat. As he and the team investigate, they're dragged into a family matter involving his old mentor, Mike Franks, that could have international ramifications in "Outlaws and In-Laws." 8 PM on 13 CBS 3 GTV

V

In this reimagining of a hit 1980s miniseries, life on Earth undergoes a seismic kick in the pants when a bunch of extraterrestrials led by the beautiful Anna captivates most of the population, but FBI counterterrorism agent Erica Evans quickly comes to suspect the aliens have a far more sinister agenda. 8 PM on 7 CTV 20 ABC 104 CTV

Lambert and LaBry are over
Adam Lambert and Drake LaBry are over. A source confirms to usmagazine.com that the American Idol runner-up, 27, and the interior designer, 24, have ended their relationship. METRO NEWS SERVICES

Celebrity Buzz

Jessica slams Melrose after sister's firing

BAD MOUTHING Looking to defend her recently fired little sister Ashlee, Jessica Simpson unleashed the fury on Melrose Place, calling her sister's ex-show "crap" on Twitter, popeater.com reports.

Jessica — who just two days before Ashlee's firing wrote "Everyone watch my sis on melrose place tonight," — now rips into the show following Ashlee's dismissal. "CW catching up on MP. who writes this crap? i have had bad scripts to work with, but this? thank God my sister is amazing and got you some press," Jessica Tweeted.

Ashlee was fired along with Melrose' co-star Colin Egglesfield last month. Show producer Todd Slavin told EW's Michael Ausiello that "the tone of the show was going to shift into a much more fun, romantic, sexy upbeat kind of show," and that Simpson's character didn't fit into those plans anymore.

Us Weekly, citing a set insider, claims that The CW "hired her (Ashlee) because they needed a good name to help create buzz."

METRO NEWS SERVICES

Lohan insults dad

BAD PARENTING? Lindsay Lohan has taken to Twitter to slam her dad Michael, following reports that he is seeking conservatorship over her, and that he's offered an entertainment TV show tape-recorded conversations between himself and his ex-wife, Dina, in which they discuss their daughter's well-being, people.com reports.

"My father is a lunatic & doesn't even deserve such a title since he's never been around in my life other than when he'd threaten me & my family," Tweeted Lindsay, who just finished shooting the thriller Machete opposite Robert DeNiro.

"He should be where he has always put himself after verbally abusing and physically abusing people all my life-behind bars."

Lindsay, 23, also wrote that her sister Ali, 15, is also concerned about their father's behaviour. "It's so sad to get a phone call from my baby sister just now asking, 'Why is daddy doing this?' Through tears. He's crossed the lines & hurt me & my family 4 the last time."

Dina Lohan also isn't thrilled with the way her ex-husband has been shooting his mouth off to any TV host that will listen about how he thinks their daughter Lindsay Lohan needs an intervention.

"He is hurting Lindsay. It breaks my heart. She's like, 'Mommy, when is he ever going to stop?'" Dina tells Page Six.

METRO WORLD NEWS

Celebrity tweets

Perez Hilton has a new-found respect for women after dressing up for Halloween, John McCain is the best source for football scores and analysis and Ellen DeGeneres had a bit too much fun it seems.

• @PerezHilton
My feet are sooo wrecked today! I don't know how women walk around for hours in super high heels that are also crazy tight and pointy! Ouch!

• @SenJohnMcCain
Cardinals lose at home to the Panthers — big setback, but there is always next Sunday.

• @TheEllenShow
Bobbing for apple-flavored vodka is a perfectly acceptable Halloween party game, right?

METRO NEWS SERVICES

Dating Perry has changed Brand

TURNING OVER NEW LEAF
Dating Katy Perry seems to be causing Russell Brand to turn over a new leaf. The rambunctious comedian tells Britain's Sunday Times that he's a changed man.

"Katy's lovely. I am living in a different way at the moment," he tells the newspaper. "Regardless of what happens in my current situation, I am unlikely to be satisfied with calamitous promiscuity of the preceding five or six years."

METRO WORLD NEWS

Elton falls ill, cancels concerts

HOSPITAL WATCH Elton John is seriously ill in hospital, femalefirst.co.uk reports. The legendary British singer has been forced to cancel a string of concerts after he was diagnosed with an E. coli bacterial infection and influenza.

Elton, 62, has been ill for two weeks, but his condition worsened and he was taken into an elite London hospital on Friday for tests. His partner, David Furnish, is understood to have spent Sunday at his bedside.

METRO NEWS SERVICES

Dakota a hit on film and in school

THE POPULAR GIRL Child star Dakota Fanning took a break from promoting the latest Twilight film, New Moon, to head back to Campbell Hall Episcopal High School in North Hollywood, Calif., for homecoming last week. When Fanning isn't acting, she stays busy as a cheerleader for the school's football team. The 15-year-old was elected Homecoming Princess at Friday's festivities, according to E! News.

METRO WORLD NEWS

Law contemplates visiting new daughter

FATHER OF FOUR Jude Law is "torn" between his new daughter and his other three children, femalefirst.co.uk reports.

The 36-year-old actor is said to be keen to meet his five week old daughter, Sophia, with model Samantha Burke — the result of a brief relationship last Christmas — but wants to be sure his three other children are comfortable with the situation first.

Jude had originally said he wanted nothing further to do with Samantha, but vowed to support her and the baby financially.

A source said: "He felt it would be easiest to just pay Samantha and hope that she moved on and left him alone.

"But now he is feeling very torn. He is on the brink of going to see Sophia but first of all, he wants to make sure his older kids feel totally secure and to make them feel they are involved in what is one of the biggest decisions of his life."

METRO NEWS SERVICES

Cage sues his business manager

FINANCIAL RUIN? Nicolas Cage knows who to blame for his recent problems with the IRS. The actor is suing his longtime business manager, Samuel J. Levin, claiming that Levin "lined his pockets with several million dollars in business management fees while sending Cage down a path toward financial ruin," according to People magazine. Levin began working with the actor in 2001.

METRO WORLD NEWS

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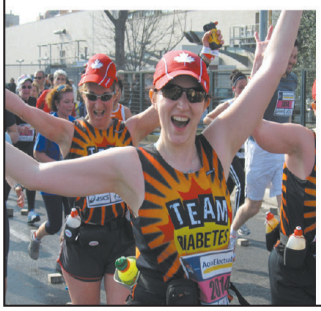

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Thursday Rain 70% 5°/ -5°
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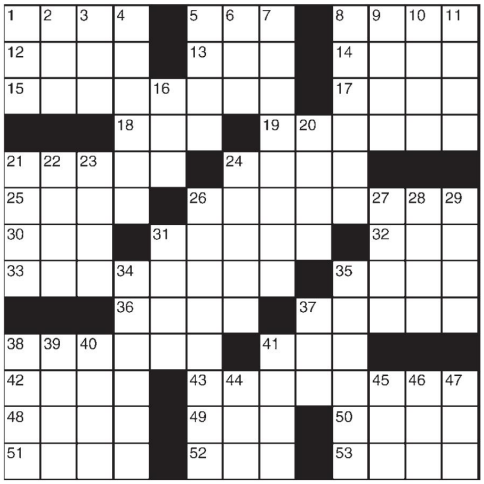
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8	1				5	9		
2			4	3				8
					9	4		
		1		5				9
	2						7	
3				6		2		
		5	8					
7				4	3			1
		9	6				8	3

ACROSS

1 Vicinity
5 Singer Tillis
8 Chromosome carrier
12 Griffin of TV lore
13 Eggs
14 Enthusiastic
15 Nobody you know
17 TV journalist Lisa
18 Additionally
19 Ship's kitchen
21 Dieter's entree
24 Shakespeare villain
25 Port structure
26 Hard up for cash
30 Literary collection
31 Sinful habits
32 Prior to
33 Good poker hand
35 Decline
36 Sore
37 Hell's Angel, e.g.
38 Ghost
41 Marshy terrain
42 Fuss
43 Pertaining to summer theater
48 Soon, in verse
49 Historic period
50 Top-notch
51 Solidifies
52 Storm center
53 Apportion

DOWN

1 Early hrs.
2 On pension (Abbr.)
3 Mess up
4 Icon in an Internet forum
5 Walt Kelly's possum
6 "Hail!"
7 Thorn in Dennis the Menace's side
8 Fast run
9 Maleficence
10 Baseball team
11 Nervous
16 Affirmative action?
20 Turkish officials
21 Masseuses' workplaces
22 "— She Sweet?"
23 Nonsense poet Edward
24 Pruritic
26 Go touring, maybe
27 Pinnacle
28 Sea eagle
29 Antelope's playmate
31 End of a Caesar quote
34 — rod (medicinal plant)
35 Native American hut
37 Squeezing snake
38 Male 29-Down
39 Corn recipe
40 "American —"
41 Highland hillside
44 Attempt
45 Weeding tool
46 Pismire
47 Ball-bearing item?

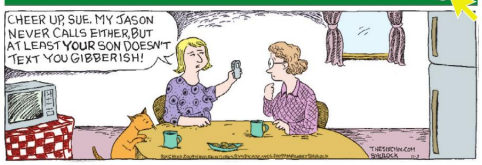
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	L	F		D	E	B	R	A		D	A	B		
C	E	L		E	N	R	O	N		R	U	E		
H	O	U	S	E	C	O	A	T		E	N	D		
			A	M	O		C	H	E	A	T	S		
L	O	D	G	E	R		H	E	L	M				
E	U	R		D	E	C		M	A	C	A	W		
A	S	E	A		S	U	B		N	O	N	E		
S	T	A	L	L		P	A	C		A	K	A		
		M	A	A	M		T	A	R	T	A	R		
S	U	B	I	T	O		I	R	E					
P	R	O		H	O	U	S	E	B	O	A	T		
A	G	A		E	L	A	T	E		U	S	E		
M	E	T		S	A	R	A	N		T	H	E		

3	9	5	4	6	8	7	1	2
8	6	1	7	2	9	3	5	4
4	2	7	1	3	5	9	8	6
9	5	2	8	4	7	6	3	1
7	3	4	6	9	1	5	2	8
1	8	6	3	5	2	4	9	7
2	4	3	9	8	6	1	7	5
5	1	9	2	7	4	8	6	3
6	7	8	5	1	3	2	4	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Lobster Newburg

INGREDIENTS:

3 cups (750 mL) cooked lobster meat, canned flaked lobster meat or imitation lobster chunks
3 tbsp (45 mL) butter
1/4 tsp (1 mL) paprika
3 cups (750 mL) whipping cream
1/2 tsp (2 mL) Worcestershire sauce
3 egg yolks, lightly beaten
1 tbsp (15 mL) sherry
1/4 tsp (1 mL) salt
1/3 cup (75 mL) crushed crackers (about 8 crackers)

METHOD:

1. In large skillet, sauté lobster in butter and paprika 3-4 minutes; set aside. In large pot, bring cream and Worcestershire sauce to gentle boil. Meanwhile, in bowl, combine egg yolks, sherry and salt. 2. Remove cream from heat; stir small amount into egg yolk mixture. Return all to pot, stirring constantly. Bring to gentle boil; cook and stir 5-7 minutes or until slightly thickened. Stir in lobster. 3. Divide lobster mixture between four 10-oz. (300 mL) baking dishes. Sprinkle with cracker crumbs. Broil 6 in. (15 cm) from heat 2-3 minutes or until golden brown.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Someone you work or do business with is not being as honest as you have a right to expect and that fact will become obvious today.

TAURUS ♉
APRIL 21-MAY 21
An individual whose point of view is radically different to your own will say something you feel you have to respond to.

GEMINI ♊
MAY 22-JUNE 21
Changing the habits of a lifetime is never easy but if you put your mind to it today you can change something about yourself.

CANCER ♋
JUNE 22-JULY 22
You are unlikely to see the obstacle that is in your path today, but a friend or relative will helpfully point out it's existence and location.

LEO ♌
JULY 23-AUG 23
You won't hesitate to tell others how things should be done today, but anyone who tries to tell you will soon wish they had kept their mouth shut.

VIRGO ♍
AUG 24-SEPT 22
You may find it hard to believe what someone tells you but don't reject it because there is more than a strand of truth in what they say.

LIBRA ♎
SEPT 23-OCT 23
Information will come your way that enables you to get the better of a rival and you must not hesitate to use it.

SCORPIO ♏
OCT 24-NOV 22
Important people will be either mightily impressed or mightily annoyed by what you have to say today.

SAGITTARIUS ♐
NOV 23-DEC 21
You may be behind in your workload but you will only catch up if you start the day at a slow and measured pace and think carefully.

CAPRICORN ♑
DEC 22-JAN 20
You may want to push ahead with a project that is close to your heart but some of your colleagues are having doubts and you must deal with them.

AQUARIUS ♒
JAN 21-FEB 18
Anyone who thinks you are not ambitious will have to think again today as you elbow your way to the head of the queue.

PISCES ♓
FEB 19-MARCH 20
If you ask the right questions today you will get answers that comfort you and clarify your present situation.

TAKE A BREAK FROM WORK

Visit metronews.ca to watch metrotube of the day

This day in history

1793: French playwright, journalist and feminist Olympe de Gouges is guillotined.
1817: The Bank of Montreal, Canada's oldest chartered bank, opens in Montreal.
1911: Chevrolet officially enters the automobile market in competition with the Ford Model T.
1913: The United States introduces an income tax.
1918: Poland declares its independence from Russia.
1973: Mariner program: NASA launches the Mariner 10 toward Mercury. On March 29, 1974, it becomes the first space probe to reach that planet.

METRO NEWS SERVICES

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Dec. 19 • 1 wk.
$1149
+Taxes & other fees (including service charges): $264

Santa Clara
Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
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$1389
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Punta Cana via Toronto
Occidental Grand Punta Cana • 4★
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$859
+Taxes & other fees (including service charges): $316

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All-Inclusive
Royal Hideaway Spa
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+Taxes & other fees (including service charges): $212
Departure tax: 25 CUC cash, paid locally

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$1239
+Taxes & other fees (including service charges): $316

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Dreams Puerto Vallarta Resort & Spa • 4 1/2★
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Deluxe oceanview promo
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PRIVILEGES
$1199
+Taxes & other fees (including service charges): $284
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Turks and Caicos
Ocean Club Resort • 3 1/2★
Studio suite
Dec. 21 • 1 wk.
$1779
+Taxes & other fees (including service charges): $223

DEAL to EUROPE

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Bavaró Princess All Suites Resort, Spa & Casino • 4 1/2★
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+Taxes & other fees (including service charges): $316

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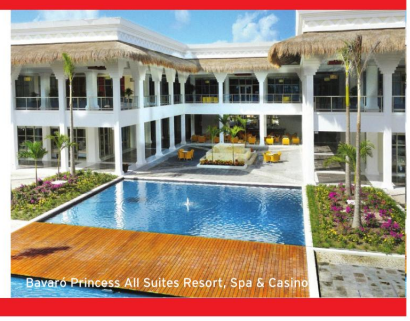
Grand Riviera Princess All Suites Resort & Spa • 4 1/2★
All-Inclusive • Junior suite
Feb. 20 • 1 wk.
$2279
+Taxes & other fees (including service charges): $243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